

# **INTRODUCING HIGHWAY HEROES**

## **Understanding Social and Emotional Learning**

**A HIGHWAY HERO is a child who:**

- **Socially – knows how to be friendly, makes friends, resolves friendship issues, knows when and how to stick up for themselves.**
- **Emotionally – understands their feeling and the impact on thinking and behaviour; calms down quickly, asks for help when in overwhelm and learns to ‘de-catastrophise’ patterns of thinking and emoting.**
- **Supports their learning behaviours through planning and organising their time and resources, persists through tough and boring work requirements, becomes and stays motivated, identifies and avoids distractions.**

**Those are skills for home, school, in the community, at work...Social and emotional intelligence is the foundation to creating happiness and success and for developing resilience to adjust to, and overcome, life’s inevitable adversities – the BUMPS and HAZARDS.**

**Social and emotional learning (SEL) is the process of acquiring the skills to recognise and manage emotions, develop caring and concern for others, establish positive relationships, make responsible decisions and handle challenging situations effectively.**

**Social and emotional learning is a continuous process of skill development, both through maturation and explicit instruction which begins at birth and continues through out the lifetime.**

**By commencing this learning early through explicit teaching of selected skills, children have the opportunity to lay down healthy habits of emotional self-management and social engagement. These skills will impact on every area of their life including increase academic achievement and greater awareness and understanding of relationships.**

**Highway Heroes is a comprehensive, age appropriate and active teaching and learning program for introducing and consolidating social, emotional and learning skills. Each Module encompasses skills and techniques that move beyond the traditional approach of helping a child to monitor and modify their internal responses to adversities. Additionally they explicitly teach strategies and TOOLS as an external and proactive response to BUMPS and HAZARDS.**

**This is an extract from an introduction to Highway Heroes created by Claire Orange. She is currently doing a ‘spot’ on Channel 9 at 4.30/5pm about children’s mental health, parenting and other things we all need to know about!**